

Safety On The Road

Hot Weather Hazards

Check and adjust tire pressures when the tires are cool. Check coolant levels frequently and top up as required.

Hot weather driving has some hazards all its own. Vehicles can overheat and break down. Higher temperatures can contribute to tire fires. Drivers can be subject to heat illnesses.

Here are some tips for hot weather driving:

- The vehicle should be mechanically ready to handle the road. Check and adjust tire pressures when the tires are cool. Check coolant levels frequently and top up as required.
- If you have air conditioning in your cab or other vehicle, make sure it is working before the hot weather hits.
- Loss of fluid and minerals from the body through sweating can cause heat illnesses. Symptoms range from fatigue and dizziness to coma and death. Carry a container of water at all times, and drink water often. If you suspect you are becoming ill from the heat, cool off, drink

water and get help. Heat stroke is a serious medical emergency and can result in death.

- Be aware of the temperature difference between a cool cab and the hot weather outside. When you step out onto a hot asphalt parking lot, slow down and take it easy. Give yourself time to adjust to the temperature change before you attempt any strenuous work.
- Dress in layers so you can add or subtract clothing as the temperature changes.
- Wear your sunglasses when driving in sunlight. Obtain sunglasses with protection against ultraviolet (UV) radiation from a reputable supplier.
- Wear sunscreen to prevent sunburn, which can occur while you are driving.

Stay cool in hot weather by following these summer driving reminders!

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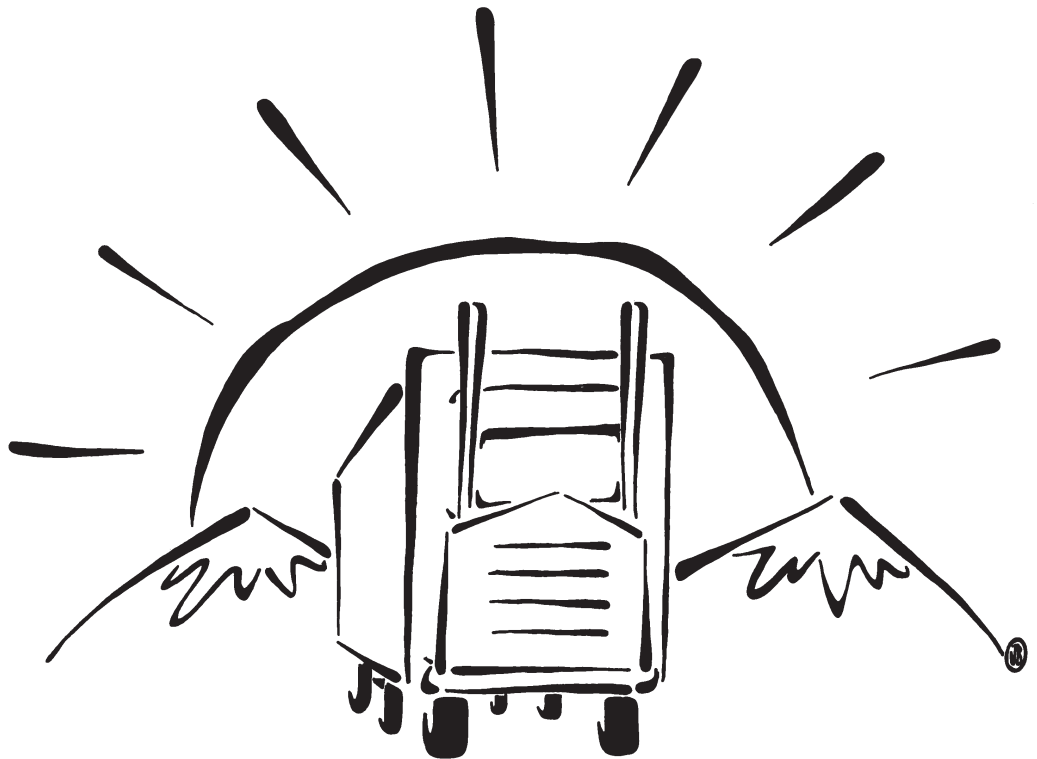
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